EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON SELECTED RISK FACTORS AMONG MIDDLE AGED WOMEN SUFFERING WITH HYPOTHYROIDISM

SYNOPSIS

Of the Dissertation submitted to Meenakshi Academy of Higher Education and Research (Deemed to be University) Chennai for the partial fulfillment of the requirements for the award of Degree of

DOCTOR OF PHILOSOPHY

IN

YOGA

Submitted by

C.KAMATCHI

(Reg. No. 6619014)

Guided by

Dr.R. ELANGOVAN

FACULTY OF YOGA SCIENCES AND THERAPY MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH (DEEMED TO BE UNIVERSITY)
CHENNAI – 600078

JUNE - 2022